

Friday...9/29/17

## Description

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### Mindset:

“The best way out is always through.”  
–Robert Frost

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### Nutrition:

Mix a can of organic coconut milk with some coconut sugar and some vanilla in a heavy bottom pot. Bring to a boil and stir, stir and stir for up to 20-30 minutes. Voila! Paleo caramel sauce.

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### Movement:

#### A. MWOD:

Crossover Scaption (2 sec hold, 8 reps)  
Crossover Victory (2 sec hold, 8 reps)  
Pec stretch – accumulate 1 min each side  
Lat stretch – accumulate 1 min each side

#### B. Skill:

12min Pistol and HSPU/Handstand Walking Progressions  
Pistols: Banded, counterweight, on a box, foot elevated, candlestick (  
<https://www.youtube.com/watch?v=WXoNNx-uOtU>)

HSPU: Box PU, Kicking up into headstand, Kicking up into handstand, Kicking up and falling onto the mat, partner assisted handstand walking

#### C. WOD:

10 rounds for time:  
12 Sit-Ups  
9 Alt. Pistols  
6 HSPU  
Rx+: GHD Sit-Ups

\*Scale = Alt. Box Step-Ups for the pistols, Box PU for the HSPU (same amount)

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**Recovery:**

Same Crossover Symmetry movements (10 reps, 6 sec negative)

**Date Created**  
09/28/2017

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